

TOPIC TUESDAYS:

BRAIN HEALTH BASICS

With Jennifer Thompson, Dementia Care Specialist



Learn about brain health on Tuesday, June 28th at 3pm. This educational opportunity will be held at the Lincoln County Service Center at 801 North Sales Street (Conference Room 50) and is for anyone interested in learning more about taking care of the brain. This session will identify important options and choices in life that promote a healthy brain. This is a free class and open to anyone. Registration is required as space is limited. Please call 1-888-486-9545 or visit the CLASSES or EVENTS section of our website at www.adrc-cw.org for more information.